

A close-up photograph of a green leaf, likely a collard green, with prominent veins and several small water droplets on its surface. The leaf is the central focus of the image, with other similar leaves visible in the background.

*It's not **just** school lunch. It's bigger than that.*

**IT'S
TRYING
A NEW
VEGETABLE.**

KALE CHIPS

School meals now do a better job of giving your kids the healthy foods they need. Provide some of the new foods offered in the school cafeteria at home. Some examples include: spinach, cherry tomatoes, legumes, sweet potatoes and kale. Need a fun recipe for kale? Here you go!

Produces: 12, 1/2 cup servings

Ingredients:

- 1 pound of kale, rinsed and dried
- 2 tablespoons olive oil
- 2 teaspoons of salt

Instructions:

1. Preheat oven to 450 degrees.
2. Remove the stems from the kale leaves and cut into 4-5 inch pieces.
3. Toss kale pieces with olive oil and salt.
4. Spread kale on a baking sheet and place in oven.
Turn the oven off.
5. Bake for 15 minutes and remove from oven.
6. Let cool and enjoy!

**For other great recipes that kids will love,
visit: www.eatright.org/kids/**

**FOR MORE FACTS ABOUT SCHOOL LUNCH VISIT:
schoolmeals.educateiowa.gov**